

# HOW *YOU* DOING?

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# WELCOME TO YOUR LIFE...

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- <https://youtu.be/dc2Z7CL4Cv0>



# RESILIENCY: IT'S JUST LIKE WATER

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## ME: I'M HEEDING ALL THIS GOOD ADVICE:

- **Generosity.** Bring all that I have. It's ok to be brave and afraid at the same time
- **Gratitude:** Remember people are giving their most precious resource: TIME!
- **Connection:** It's all about collective connection. Look at (and see) people.
- **Service:** It's not about me. Stop doing it when it if it becomes about me.
- NEVER take myself too seriously.



# WHAT YOU MAYBE HAVE ALREADY OR WE COULDA/WOULDA/ (SHOULDA?) GONE OVER...

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- Adolescent Brain Development
- TRAUMA
- Youth Developmental Phases
- Crisis Response Cycles
- **Adverse Childhood Experiences\***
- Resiliency factors\*
- Nature vs. Nurture
  - See MOVIE: Three Identical Strangers
- Suicidality
  - LGBTQ community awareness
- Mental Status
- Psychopathy
- Diagnosis & symptoms
- Clinical states
- Risk Assessments
- Substance use disorders
- Latest research
- Mental health trends
- Community Resources
- Brain States

# WHY WE'RE NOT AND WHAT WE'LL DO INSTEAD

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- Review trauma, your risk factors and mental health considerations
- Learn some resiliency factors and skills
- Imagine your best strengths and what you bring in those moments
- Realize your sources of strength and reserve
- Plan for best next steps....

The image is a composite. The top portion shows a view of Earth from space, with a bright sun on the left creating a lens flare and illuminating the horizon. The text "In the beginning..." is centered in white. The bottom portion shows a wooden floor.

In the beginning...

# RECOGNIZING THE PRESENCE OF ACE'S AND ENCOURAGING PROTECTIVE FACTORS

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- Initial phase was 1995-1997
- One of the largest investigations ever conducted to assess the associations between childhood maltreatment and later life health and well-being.
- Over 17,000 participants
- Medical status of baseline participants was tracked over time.
- Significant findings..





# ACES

## Three Types of ACEs

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

AND THEN THERE IS NOW...



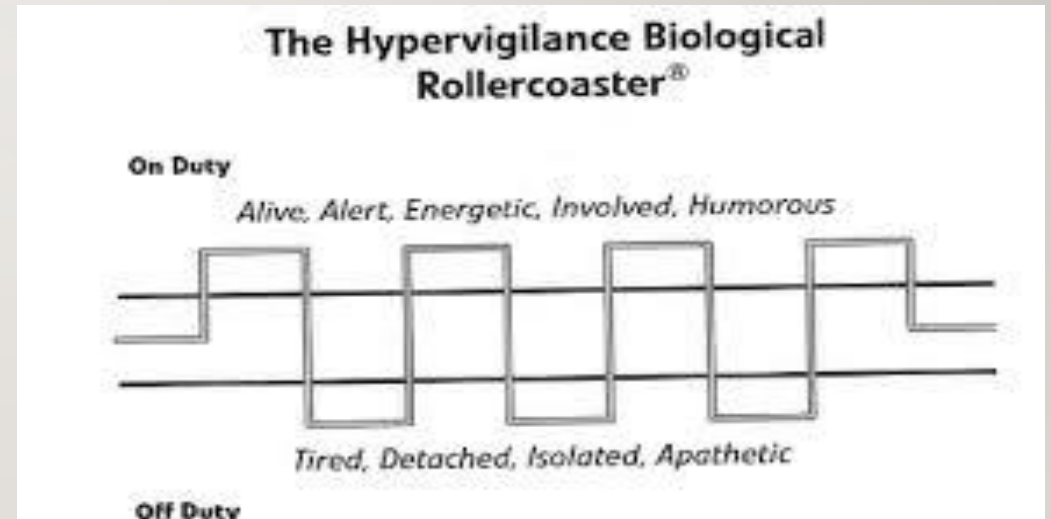


# STATES DRIVE BEHAVIOR

The threat arousal alarm system activates a predictable response pattern:

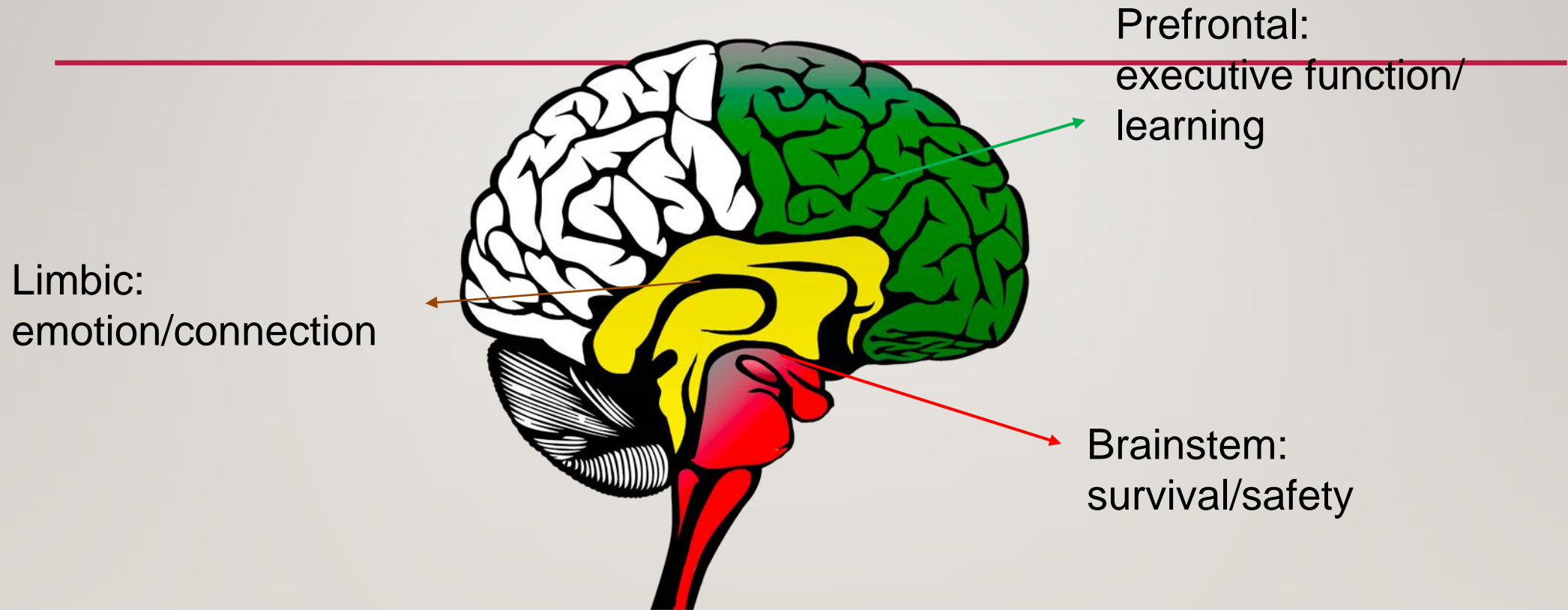


- \* Alarm
- \* Resistance
- \* Exhaustion



Understanding the energy cycle helps explain behavior as “communication” not mal-intent.

# STATE VS. NEED



Behavior is communicating lack of safety and connection



# BRAIN STATES



# NEUROPLASTICITY

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# THE GOOD NEWS:

- <https://youtu.be/MFzDaBzBIL0>
- Bike video



# CREATING THAT LEARNING ENVIRONMENT IN YOUR BRAIN

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- Trauma/Stress/ Brain States/Needs
- Recognizing issues arising/escalating situations/problematic behaviors
- How then do we BUILD:
  - Emotional Survival
  - Culture
  - Context

.....





- It's Everywhere!



# RESILIENCY OR PROTECTIVE FACTORS

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- -DEVELOPING TRUSTING RELATIONSHIPS
  - -Asking for help
  - -Forming a positive attitude
  - -Listening to feelings
  - -Feeling capable and competent
- all these help officers (YOU) improve their lives

# WHAT WE ALL NEED:

- Structure
- Consequences
- Parent-Child Connections
- Lots and lots of strong relationships
- A powerful identity
- A sense of control
- A sense of belonging/culture/spirituality/life-purpose
- Rights and responsibilities
- Safety and support
- **Positive Thinking**
- **Financial and Physical well-being**



# MARINE CORPS SAYS:

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- Physical & Emotional Courage
- Commitment to Integrity
- Competence
- Confidence
- Asking for help when needed
- Continuing to get back up again





# THE 7 C'S OF RESILIENCY (BY FOSTERING RESILIENCE)

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- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control



RESILIENCY TRUMPS ACES

# PREPPING YOU

- 
- Imagine yourself healthy, happy, thriving....
  - Imagine who helped and how they did that....
  - Imagine the last stressor that affected you in some way....
  - Imagine what you wish would have been different....
  - What'd you learn from that....



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# DEVELOPING TRUSTING RELATIONSHIPS



2018 Crisis Intervention Team

Provider of the Year Award



OUTCOMES:

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**MAGABOS**

Restaurant and Bar

# RESILIENCY OR PROTECTIVE FACTORS

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ASKING FOR HELP:  
(SHOW UP, BE PRESENT AND HONEST, KIND & WILLING)

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# AREAS THAT WE MIGHT NEED HELP:

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- Mental Health Problems
- Drinking
- Relationships
- Substance abuse
- Work/Life Balance
- Drinking
- Anger
- Substance abuse
- Finances
- Trauma responses





# WHO ARE YOUR PEOPLE TO ASK FOR HELP?





# RESILIENCY OR PROTECTIVE FACTORS

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- Asking for help

- **Forming a positive attitude**

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# HOW WE SHOW UP IN THE WORLD

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# FORMING A POSITIVE ATTITUDE

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CONFESSION: I CUSS, SOMETIMES, A LOT...



# SOMETIMES MEDIATION CAN HELP WITH THIS...

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relaxing meditation

# RESILIENCY OR PROTECTIVE FACTORS

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# LISTENING TO FEELINGS

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- The power of listening....
  - 2 minutes
  - Planning a party
  - Two different ways

# WHICH GAME ARE YOU BRINGING?

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How we listen to one another?

How we respond to one another

Planning our next responses.

Now use their last word....



# RESILIENCY OR PROTECTIVE FACTORS

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# PERSPECTIVE ON COMPETENCE, CONFIDENCE & CAPABILITY

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# A LOOK AT YOUR AREAS OF CONFIDENCE, COMPETENCE, CAPABILITY & CARE

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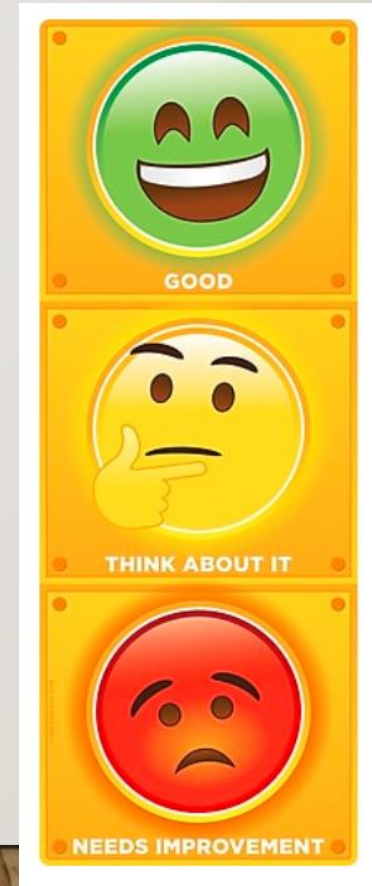


HOW THEN DO WE CREATE INTERVENTIONS AND  
SCENARIOS THAT ARE RESILIENCY FOCUSED:  
WHAT ARE YOUR BEST SKILLS FOR INFUSING:

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POSITIVE ATTITUDE  
PERSPECTIVE  
POTENTIAL  
PERSONAL PRESENCE  
PROACTIVE PLAN

WHAT COLOR IS YOUR WHEEL?





# WHAT DOES RESILIENCY LOOK LIKE?



# HOW YOU DOING ON THE 9 F'S?

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- Faith
- Fitness
- Finances
- Family & Friends
- Food
- Fun...
- (FUN)damentals
- Free: what makes you Feel whole & free

# LET'S MEET A NEW FRIEND.....

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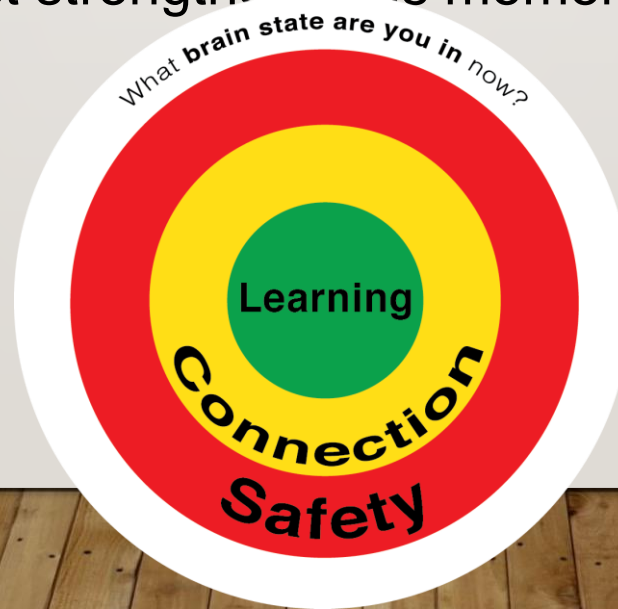
- Connections to our best version of ourselves....
- What color is each area?
- One step to yellow?
- What color are you?
- Knowledge does NOT equal Understanding



# Resiliency Brain Training

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- Do I recognize the current state and my needs?
- Am I responding with kindness and compassion to myself and others?
- What are my best strengths in this moment?



# WHAT IS YOUR WHY?



your why

# RESILIENCY UNDERSTANDING: GIVING IT THE BEST SHOT

- 
- **Why** am I doing this?
  - **Who** are my best relationships?
  - **When** do I call for help or support?
  - **What** are my attitudes that need perspective taking?
  - **Where** am I most competent, confident and capable?
  - **HOW** we answer and ask these, listening for answers, helps to determine what **WILL** come next to the question:

HOW YOU DOING??



# THANK YOU!

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